

## 9th Marine Corps District

# FOCUSING ON THE FAMILY



## 9th Marine Corps District Family Readiness Conference

The 9th Marine Corps District had its first Family Readiness Conference 20-21 August 2009 at Kansas City Hilton Hotel, Kansas City, MO. The Family Readiness Conference was open to all spouses throughout the 9th Marine Corps District. We had spouses from all eight Recruiting Stations (RS Chicago set the bar by sending 16 of its spouses).

The spouses that attend the conference had a great opportunity to attend the various workshops that were presented at the conference. Workshop topics were:

**4-Lens Workshop:** This workshop helped them learn to "See The World Through Someone Else's Glasses" which helps people to understand how to better communicate, work with and build relationships with other people or family members.

**7-Habits for Highly Effective Families:** The workshop assisted the participants in realizing their full potential in building better family relationships.

The following two workshop were presented by our guest

speaker, Jacey Eckhart (Author of the Homefront Club – A Hard Knock to Military Family)

**Strength of a Marine Family:** Jacey taught that our Marines and their families have great strength keeping their families together through

will have the "Signature Strengths," like Core, Playfulness or Organization to be successful. You will have a "Mission Statement and Vision" for just how Spartan Family will help you succeed in the life of tough knocks.

Overall, the Family Readiness Conference was well attended and because of the many spouses that did make time in their busy schedules to attend, all benefited by this type of conference. It was said that the conference was a great success and many of the spouses voiced their opinion that the 9th Marine Corps District should continue this conference annually. So, stay tuned for the 2nd Annual Family Readiness Conference, which we are already planning. For more information on the conference, please feel free to contact Dave Gutierrez, Family Readiness Officer at (816) 843-3900 or Jennifer Jacobson, LifeSkills & LINKS Trainer at (816) 843-3985.



thick and thin.

**The Spartan Family:** This workshop that Jacey presented was to help them in Problem Solving Skills and as Spartan spouses they are a stronger, tougher, smarter, thinner, better lookin' military family by learning new skills that make life easier. You

### Inside this issue:

9MCD Family Readiness Conference	1
9MCD Facebook	2
The Flu	3
Homeowners Assistance Program (HAP)	4
Military One Source	5
TRICARE Information	5
New Dental Program	6
Helpful Website Links	7

## 9<sup>th</sup> Marine Corps District Spouse's Facebook

It has finally arrived, each RS has their very own RS Spouses Facebook page!!! Each RS page is a private invite-only community group; this means only those that are invited can find this page, as well as become friends with the group. The way it will work is you will need to

search for me, Jennifer Jacobson (location in Kansas City, MO), and request me as a friend. In your

request include the following: your name, your Marine's title and name (just for confirmation purposes only), and which RS you are with. Once I confirm you, I will then request you as a friend to your RS.

**"In the search engine type jennifer.jacobson@gmail.af.mil and request Jennifer Jacobson, the LINKS & LifeSkills Trainer as your friend."**

The Facebook page will allow greater networking among recruiter spouses. This will be a place we can all come together, share thoughts, stories, even frustrations/concerns. There is a discussion board which will enable us to share insight on

various topics; if there is a topic you would like to

see on the board, simply message or email me and I will post it. We also have a wall where we can send "shout outs" to one another. In addition, we can add pictures and videos (once again just send that to me and I will post it). I have one request; we all use

appropriate language and handle each comment with respect. If there is an issue or concern that is private or you might question it's suitability, please message me first. In case you are unfamiliar with Facebook, you can also private message another spouse within the group. This should be a great source of knowledge and comfort to all!

Unfortunately I do not have every district spouses email address, so if you talk to a fellow spouse, confirm whether they received the email from me. If they didn't give, then my information or give me theirs, I will add them to my list!

Please don't hesitate in contacting me! If you don't have a Facebook, set one up; I promise you will find some benefit to joining the group!! For more information contact: Jennifer T Jacobson

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## Commander's Corner



### To the 9<sup>th</sup> Marine Corps District Families:

Your Marines did a great job this past fiscal year supporting the Commandant's efforts to enlarge the Corps to 202,000. Not only did they make their mission early but they also

set records for the quality of individual they enlisted. As a result of their hard work, 6 out of 8 Recruiting Stations received the Commandants Superior Achievement Award...this is "THE" award for a Recruiting Station and an honor worth celebrating.

The success of the past year did not come without sacrifice. Each and every one of you has sacrificed for the recruiting mission. This sacrifice usually comes in the form of missed family time. How many times has your spouse taken you on a "date" to his Priority 1 High School football game? How many times have you gone home from a restaurant with the waiters contact information in your spouse's pocket? Recruiting is a full-time position that requires hard work and long hours. It's no easy task being mother, father, coach, friend,

doctor and head of the house while your Marine is out there accomplishing their mission. Thank you for your willingness and dedication to support not only your Marine, but the 9<sup>th</sup> Marine Corps District.

I want to thank each of you for sticking by your Marine's side while assigned to recruiting duty. There is nothing easy about what they are asked to do nor is there anything easy about what you are asked to do. But together, as a Marine Corps family, you continue to persevere and make the best of every situation.

Semper Fidelis,

**Colonel Bonnot**

Commanding Officer, 9<sup>th</sup> Marine Corps District

## National Commander's Conference...

On October 13 2009 in San Diego, CA, Marine Corps Recruiting Command sponsored its annual National Commander's Conference, which normally includes all of the Commanders from each of the District and SgtMajs. However, this year's National Commander's Conference had a little change to the agenda. This year they invited the spouses along with the Commanders. This added a different flavor to the conference. By this I mean the spouses had an opportunity to discuss Family Readiness challenges that our Marines and families face while serving on Recruiting Duty. Also, the Commander's intent was to present a forum to

address current and future issues facing our Marines and families.

Mrs. Milstead hosted the "Spouse's Discussion Groups" the topics that were discussed were as following:

Family Readiness Updates/Review; Systematic Family Readiness; Marriage and Family Support—Chaplain Programs; TRI-CARE Presentation; Recruiting 101-Basic understanding of Recruiting Duty; Military One Source; 9/11 New G.I Educational Bill; Lead-Star Leadership for Women; Best practices.

The spouse's forum gave the spouses an opportunity to voice their concerns and work together to solve issues that our Marines and families face day-in-day out, and how to reach out to the families, which the spouses agreed that a social network would be a great way to communicate with the spouses that are in remote areas of the country. From this discussion, they agreed that Facebook would be a great medium to have our spouses communicate within their Recruiting Station Command.

Over all, the conference was a great success and looking forward for the next conference

## It's About the Flu!

Flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild to lethal.

Two strains of flu, seasonal flu and the H1N1 (Swine) flu, are currently circulating in the United States. A third, highly lethal H5N1 (Bird) flu is being closely tracked overseas.

Most healthy people recover from the flu without problems, but some people are at high risk for serious complications.

Extensive efforts are underway to track and monitor the spread of all flu viruses. In the U.S., epidemiologists at the Centers for Disease Control (CDC) are working with states to collect, compile and analyze reports of flu outbreaks. More on the current situation.

Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue. In H1N1 (Swine) flu infection, vomiting and diarrhea may also occur.

Annual outbreaks of the seasonal flu

usually occur during the late fall through early spring. Most people have natural immunity, and a seasonal flu vaccine is available. In a typical year, approximately 5 to 20 percent of the population gets the seasonal flu and approximately 36,000 flu-related deaths are reported.

This year, the H1N1 (Swine) flu virus may cause a more dangerous flu season with a lot more people getting sick, being hospitalized and dying than during a regular flu season. H1N1 (Swine Flu) is a new virus first seen in the United States. It is contagious and spreads from person to person. Like seasonal flu, illness in people with H1N1 can vary from mild to severe.

A flu pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population; the virus causes serious illness and spreads easily from person-to-person worldwide. On June 11, 2009, the World Health Organization (WHO) declared that a global pandemic of H1N1 (Swine) flu is underway.

H5N1 (Bird) flu is an influenza A virus subtype that is highly contagious among birds. Rare human infections with the H5N1 (Bird) flu virus have occurred. The majority of confirmed cases



have occurred in Asia, Africa, the Pacific, Europe and the Near East. Currently, the United States has no confirmed human H5N1 (Bird) flu infections, but H5N1 (Bird) flu remains a serious concern with the potential to cause a deadly pandemic.

## ***DOD Homeowners Assistance Program (HAP) Details Announced:***

*The Department of Defense (DOD) announced details for the temporary expansion of the Homeowners Assistance Program (HAP). Using \$555 million in funds from the American Recovery and Reinvestment Act (ARRA), which is designed to partially reimburse eligible military personnel, surviving spouses, and federal civilian employees whose service to the nation has required them to relocate and sell their primary residence at a loss.*

*Potential eligible personnel include: Active and former service members of the Army, Navy, Marine Corps, Air Force, and Coast Guard Civilian employees of the DOD, Coast Guard, and non-appropriated fund activities surviving spouses of both fallen service members and civilian employees. Potential eligible personnel who have sold a primary home for a loss or are considering selling their home are encouraged to visit the DOD HAP Web site <http://hap.usace.army.mil/> to check specific program criteria, and if eligible, apply online.*

*The DOD HAP has been providing financial assistance to military personnel and DOD civilians since 1966, mainly at base realignment and closure (BRAC) sites where government action caused a decrease in market home values. While the HAP expansion is not designed to pay 100 percent of losses or to cover all declines in value, it can help protect eligible applicants from financial*

*catastrophe due to significant losses in their home values. Please remember that benefits received under the expanded HAP program are taxable. Representative Charles Rangel (15<sup>th</sup>/NY), Chairman of the House Ways & Means Committee, introduced H.R. 3590 which includes a provision that extends a tax exemption for HAP benefits. As this bill moves through Congress, we will provide updates in Government and You eNews.*

*Program details have been published in the Federal Register and are now available for public comment.*

*ARRA funding allows DOD to temporarily expand HAP to partially reimburse losses from the sale of a primary residence in the following priority order:*

- Homeowners wounded, injured, or ill in the line of duty while deployed since September 11, 2001, and relocating in furtherance of medical treatment
- Surviving spouse homeowners relocating

*within two years after the death of their spouse*

*Homeowners affected by the 2005 BRAC round, without the need (which existed under previous law) to prove that a base closure announcement caused a local housing market decline*

*Service member homeowners receiving orders dated on or after February 1, 2006, through December 31, 2009, for a permanent change of station (PCS) move. The orders must specify a report-no-later-than date on or before February 28, 2010, to a new duty station or home port outside a 50-mile radius of the service member's former duty station. These dates may be extended to September 30, 2012, based on availability of funds.*

*Each of these general categories has more specific eligibility requirements which have been updated at the*

*DOD HAP Web site <http://hap.usace.army.mil/>. The U.S. Army Corps of Engineers executes the program for all the military branches and HAP administrators will immediately start processing applications.*

*(Source: <http://www.defenselink.mil/releases/release.aspx?releaseid=13009>)*





## *How do TRICARE beneficiaries access information about their benefits?*

FALLS CHURCH, Va. – How do TRICARE beneficiaries access information about their benefits? TRICARE Management Activity (TMA) officials want to remind beneficiaries there are many available resources.

“It is a high priority for us to make sure beneficiaries know they have several ways to get information on their TRICARE benefit as well as assistance,” said Army Major General Elder Granger, Deputy Director, TMA.

The “first line of defense” for benefit information should always be the regional managed care support contractor (MCSC) toll-free numbers, but TRICARE Service Centers (TSCs) are a great option for beneficiaries who want up-close-and-personal service.

TSC representatives are available to assist beneficiaries with enrollments, finding TRICARE network providers, referrals and authorizations, claims, and much more on a walk-in basis. Most TSCs are located inside, or in close proximity to, military treatment facilities (MTFs) and are managed in the U.S. by the MCSCs.

TSCs are also located throughout the world. In Europe, the Pa-

cific, Latin America and Canada, TSCs are contracted by the TRICARE Area Offices – which are additional resources for beneficiary assistance overseas.



After beneficiaries have already sought assistance from the regional toll-free lines or at a TSC, another resource is a Beneficiary Counseling and Assistance Coordinator (BCAC).

**“It is a high priority for us to make sure beneficiaries know they have several ways to get information on their TRICARE”**

There are nearly 900 BCACs around the world and they wear many hats. Serving at each TRICARE Regional Office and most MTFs, BCACs can help beneficiaries with a range of needs, including answer-

ing questions about medical coverage and benefits, coordinating with regional

contractors on health care-related issues, and much more.

To get assistance with TRICARE questions, beneficiaries should first contact their region or area offices toll-free at:

Health Net Federal Services, LLC (North Region), (877) 874-2273

Humana Military Healthcare Services, Inc. (South Region), (800) 444-5445

TriWest Healthcare Alliance (West Region), (888) 874-9378

TRICARE Overseas (Europe, Pacific, Latin America and Canada), (888) 777-8343 (toll-free from the U.S. and its territories)

Beneficiaries can find their nearest TSC by logging onto [tricare.mil/contactus/](http://tricare.mil/contactus/). To find a nearby BCAC, log on to [www.tricare.mil/bcacdca/](http://www.tricare.mil/bcacdca/).

## *Military One Source...*

Military OneSource offers three kinds of short-term, non-medical counseling options to active-duty, Guard, and Reserve members and their families.

Military OneSource counseling services are designed to provide service help with short-term issues such as adjustment

to situational stressors, stress management, decision making, communication, grief, blended-family issues, and parenting-skills issues.

### **Your Privacy in Counseling Sessions**

Counseling sessions are kept confidential, within certain guidelines. All counseling ad-

heres to the same informed consent, Confidentiality/Privacy, and reportable-event protocols. A family member may seek counseling without the knowledge or consent of the service member. A Military OneSource consultant can explain the limits of confidentiality in more detail.

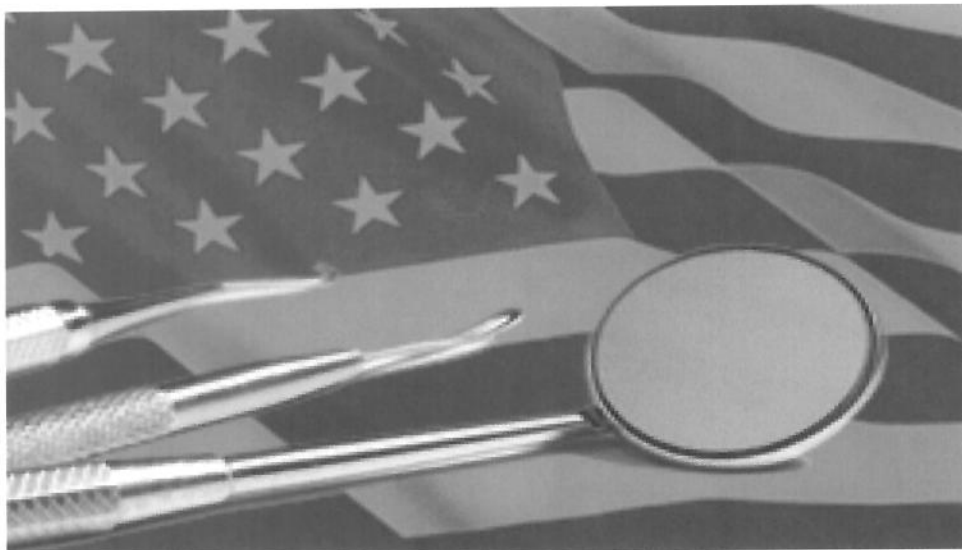
### **Counseling Limitations**

Each eligible service member or family member may receive up to 12 sessions, per issue, per

counselor at no cost. If you need counseling for a different issue, you must call Military OneSource and speak with a consultant to get another referral for a different counselor. You can see a counselor for a maximum number of 12 sessions.

Those requiring counseling for long-term medical issues will be referred to TRICARE or a military treatment facility.

## *New Active Duty Dental Plan Launched August 1*



FALLS CHURCH, Va. – Active duty service members now have a new dental program that started Aug. 1, 2009.

The new Active Duty Dental Program (ADDP) becomes the dental care plan for active duty service members (ADSMs) assigned to locations with no access to a military dental facility. ADDP is also for service members referred by their dental treatment facility (DTF) to the civilian network for specialty care or due to unavailability of timely DTF appointments.

TRICARE Prime Remote enrollees—ADSMs with duty stations and residences more than 50 miles from a military dental facility—are eligible for ADDP. Reserve and National Guard members activated for more than 30 consecutive days on federal orders and who live more than 50 miles from a military dental facility are also eligible for ADDP on their activation date.

ADSMs who live in remote locations, but work within 50 miles of a dental treatment facility will continue to be seen at a DTF.

Of the more than 81,000 dental claims filed each year by ADSMs, approximately 31 percent of them come from service members living and working in remote locations. In the past, the Military Medical Support Office of the TRICARE Management Activity handled remote dental claims and referrals from DTFs. United Concordia, Inc., will now handle these claims and referrals through the new ADDP under a contract awarded in September 2008.

ADSMs using the ADDP will be able to take advantage of United Concordia's network of dentists and specialists. No enrollment is required.

"United Concordia will establish an extensive dental provider network covering the United States, U.S. Virgin Islands, Guam, Puerto Rico, American Samoa and the Northern Mariana Islands," said Navy Capt. Robert Mitton, TMA dental program director.

"TRICARE wants to ensure a high level of beneficiary satisfaction as well as controlling costs."

Letters and brochures are being mailed to ADSMs in remote locations to inform them of the new ADDP program. To download the brochure, click the dental section under the appropriate region on the TRICARE Smart site at <http://www.tricare.mil/tricaresmart>.

Learn more about dental plans and getting care at <http://www.addp-ucc.com> and <http://www.tricare.mil/dental>.

### **About TRICARE Management Activity and the Military Health System**

TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.4 million eligible beneficiaries worldwide in the Military Health System (MHS). The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to [www.health.mil](http://www.health.mil).

## ***INTERNET QUICK REFERENCE***

### **9<sup>th</sup> Marine Corps District**

<http://www.9mcd.usmc.mil>

9<sup>th</sup> District information

### **9<sup>th</sup> District Face Book**

[www.facebook.com](http://www.facebook.com)

In the search engine type

[jennifer.jacobson@gmail.af.mil](mailto:jennifer.jacobson@gmail.af.mil)

and request Jennifer Jacobson,

the LINKS & LifeSkills Trainer as your friend.

### **Basic Allowance for Housing (BAH)**

[www.dtic.mil/perdiem/bahfaq.html](http://www.dtic.mil/perdiem/bahfaq.html)

Contains answers to frequently asked questions

### **Childcare in your neighborhood**

[www.naccrra.org/militaryprograms/](http://www.naccrra.org/militaryprograms/)

Childcare assistance for Recruiter Families

### **LIFELines**

<http://www.lifelines.navy.mil>

DOD quality of life services

### **Marine Corps Community Services**

<http://www.usmc-mccs.org>

MCCS services, catalogue, links to other sites

### **Marine Corps Home Page**

<http://www.usmc.mil>

Marine Corps information

### **Marine Corps One Source**

<http://www.mccsonesource.com>

(User ID: marines; Password: semperfi)

Answers to any almost any question you have!

### **Marine Corps Mom**

<http://www.geocities.com/Pentagon/Bunker/3957/index.html>

Lots of good interesting info and links

### **Marine Corps Recruiter Wives Site**

[http://groups.yahoo.com/group/](http://groups.yahoo.com/group/MCRecruitersWives/)

[MCRecruitersWives/](http://groups.yahoo.com/group/MCRecruitersWives/)

Site set up by Recruiter spouse – good info and sharing

### **Military.com**

<http://www.military.com>

General military information site

### **Military Assistance Program**

<http://www.dod.mil/mapsite/>

DOD sponsored FSC information

### **Military Homefront**

<http://www.militaryhomefront.org>

Portal to military family quality of life issues

### **SITES**

<http://www.dmdc.osd.mil/sites>

Info on DOD installations

### **TRICARE: Military Health Services**

<http://www.tricare.osd.mil>

Military health affairs information

### **TRICARE Region North**

<http://www.healthnetfederalservices.com>

North Region providers, questions, etc.

### **TRICARE Region South**

<http://www.humana-military.com/south/home.htm>

South Region providers, questions, etc.

### **United Concordia**

<http://www.ucci.com>

Your dental plan information

**For questions or concerns, please contact:**

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**Health Benefit Advisor**

**9th Marine Corps District**

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